

### How Do I Apply?

For information or to apply for Burbank Home Delivered Meals, please call **(818) 238-5357**.

Your application will be promptly reviewed by the Home Delivered Meal Coordinator to ensure you meet the eligibility requirement. After processing, you will begin receiving meals. After a few days of meal service, you will receive a home visit to complete some required paperwork and to ensure you are satisfied with the service.

### How Can I Help?

The Burbank Home Delivered Meal Program would not be possible without the dedication of the Home Delivered Meal volunteers. If you are interested in volunteering as a driver, please call (818) 238-5357 and speak to the Home Delivered Meals Coordinator.

If you are short on time and want to help, you can make a tax deductible donation. Please send it to:

### Supporters of Burbank Senior Services

Home Delivered Meals  
P.O. Box 6459  
Burbank, Calif. 91505-6459

### Burbank's Best Kept Secret



Adults who are not homebound can enjoy a **three-course lunch** at 11:30 am at one of the Burbank's three Adult Nutrition Program Sites for a suggested donation of \$2.00

**Joslyn Adult Center**  
1301 W. Olive Ave, (818) 238-5357

**Tuttle Adult Center**  
1731 N. Ontario Ave, (818) 238-5367

**Mc Cambridge Park**  
1515 N. Glenoaks, (818) 238-5365

Adults in need of a ride to lunch can call [Burbank Bus Senior & Disabled Transit](#) at (818) 238-5360 between 8:30 am & 2:00 pm, one day before to schedule a ride to lunch for the following day.

All three Lunch Sites are serviced by MTA Bus services:

Tuttle Adult Center - Metro 164  
Joslyn Adult Center - Metro 96  
Mc Cambridge Park - Metro 292

## City of Burbank

# Home Delivered Meals



Sponsored by  
The City of Burbank  
and a grant from the  
Los Angeles County  
Area Agency on Aging

## In the Beginning . . .

The Burbank Home Delivered Meal Program began in the early 1970's, when a group of volunteers saw a need and worked with a local hospital to deliver hot meals to homebound Burbank seniors. In July of 1975, the City of Burbank obtained a grant from the Los Angeles County Area on Aging to assist with the funding of the Home Delivered Meal Program. The Home Delivered program has grown from 15 participants to a current average 180 participants. The program now serves over 4000 hot meals a month, Monday – Friday and an additional 6000 cold meals for weekends and holidays. In addition, a special Thanksgiving Day Meal, donated by a Burbank catering company, and a Special Christmas Day Dinner donated by the local hospital, are delivered yearly.

## What's a Meal Like?

The meals are prepared, packaged, and delivered by City Staff and volunteers working out of the McCambridge Park Central Kitchen. All meals provide at least 1/3 of the USDA requirements for adults 60 years of age and over and meet

the nutritional requirements of the Federal Older American Act. The meals provide varied protein entrees accompanied by a vegetable and starch. The meal is rounded out with a salad, dessert, bread, butter and milk. Each meal provides ~700 calories, 24 gm protein, and less than 35% of the calories from fat. All fat is trans fatty acid free. Sodium is less than 1200 mg and whole grain fiber less than 12 gm.



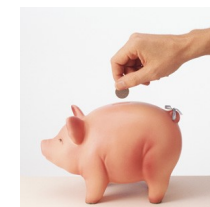
## Who is Eligible?

Any homebound Burbank adult 60 years of age or older is eligible for meal services. Spouses living with and caring for eligible adults and disabled children living with the eligible adult also qualify for the meals. Meal service is available on a short term basis for adults convalescing at home after a hospitalization or on a long term basis.

## How & Where are Meals Delivered?



Meals are delivered to your home between 10:30 a.m. and 1 p.m. by either a caring Home Delivered Meal volunteer or staff person. The meals are delivered ready-to-eat, or can be refrigerated and reheated in a microwave oven at a later time. The adult must be home to receive the meal because part of the Home Delivered Meal service includes a friendly visit.



## How Much Does the Service Cost?

A \$3.00 donation per meal is suggested to assist with the costs of the program. No one, however, is denied service because of an inability to donate. Senior donations, the City of Burbank, a grant from the Los Angeles Area Agency on Aging, and community donations to the Burbank Supporters of Senior Services support the program costs.